

Family Therapy in a Digital Age: The Role of Digital Technology and Social Media in the Lives of Our Clients

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Subject Expert: The Intersection of Digital Media and Human Intimacy

What is Technology?

Fire

The Wheel

Gas Powered
Engines

Telephones

Power Steering

Prescription Drugs

...

What is Reality?

In my short lifetime I have experienced:

1. Physical Reality
2. *Chemically Altered Reality*
3. Broadcast Reality (Radio, tv)
4. Non-physical Internet Reality (websites, chat rooms, facebook)
5. Reality Based Entertainment (Storage wars)
6. Augmented Reality - (PokemanGo) WOW
7. Virtual Reality - WOW!!!

And tell me what young woman could have had a mom that prepared her for Tinder or Sexting?

Note The Escalating Speed of Technological Change

- Radio - took 38 years to reach of 50 million people
- Television - took 13 years to reach 50 million people
- Internet - took 4 years to reach 50 million people
- Social Networking - took 16 months to reach 50 million
- Smart Phone apps - took 9 months to reach 50 million

Whatever is yet to come is now here before we even know it.

Consider the lowly QR Code



Answer the following (shame-based) question, Are you living in the 20th Century or the 21st?

- Door Keys
- Writing Paper
- VCR's and Betamax
- VHS tapes
- Maps
- Hook-up Bars
- Vacuum Tubes
- Transistor Radios
- Film Developers
- Books
- 8mm, 16mm, 35 mm film
- Watches
- Compact Discs
- CB Radio
- Make-Up Mirrors
- Land-line Telephones
- Broadcast Media (TV, Radio)
- Newspapers and Newsstands
- Alarm Clocks
- Magazines
- Paper checks
- Pen's, Pencils
- Calculators
- XXX Theaters
- Bookstores
- ATM's
- Flashlights
- Encyclopedias / Dictionaries
- Typewriters, Ribbon
- Paper Records
- Pen Pals
- Sony Walkmans
- 8-Track Players and tapes
- Records (LP's and 45's)
- Cassette Players and tapes
- Street Prostitution
- Televisions and CRT monitors
- Photographs
- Scrapbooks
- Postboxes
- Post Offices
- Libraries (in current form)
- Fax Machines
- Paper Money
- and more

OLD devices are still needed, we no longer need the devices the



map/international navigator,
phonebook, book
music player, film player,
notebook, radio,
address book, compass,
blood pressure monitor,
calendar, photo album,
friend/community finder,
camera (video + still), credit
card, airline ticket, coins, cash,
cash register, gaming platform,
ATM, dictionary, flashlight, bank,
clock, travel agent, newspaper,
magazine and ...

Consider this a new GENERATION GAP

Old Gap

- Sexual Mores
- Rock & Roll
- Violence on Television
- Recreational Drug Use
- Liberalism (Gender, Social & Racial equality)
- Children seen & not heard
- Personal Privacy

“We won’t listen to you!”

New Gap

- Sexual Mores
- Violent Video Games
- Rude Interpersonal Communication
- Fantasy = Real Life
- Social Networking = ongoing immediate interconnectivity
- Digital Immigrants vs. Digital Natives
- Personal Privacy

“Are you still there?”

If you already feel dismissive of a client’s culture, then how can you truly help them?

Let's talk about culture

What were you taught in graduate school about working with people who live in cultures that are different than your own??

Has it yet occurred to you that each of the following online worlds Are All Separate and Distinct Cultures?

Each with it's own separate populations, languages, norms and values?

**FACEBOOK
LINKED-IN
SNAPCHAT
World of Warcraft
Instagram
Twitter
and so many more**

In 2017 Humans + Tech = Human Evolution

The prefrontal lobes (brains) of our children (therefore how they relate, mate, work etc.) evolve in sync with technology.

Their neuro-biological development is already different than ours. What they perceive to be- a relationship, dating, mating, a work ethic, etc. is evolving in direct relationship to the electronic devices we are putting into their hands at age 2-years and under.

Note that our cultural norms are ever-changing ...



Sexting is fast becoming a cultural norm. In 2015 approx. 30% of all US adults

Today being "Big Man" on an American high-school campus is determined by

Let's Get Rid of It!

As we learned with Prohibition in the US, there is no turning back upon new technology or its effects. We can only observe with engaged interest **not judgment**, while noting and dealing with related problems as they arise

**But please, be at peace.
Fear less and love more!**

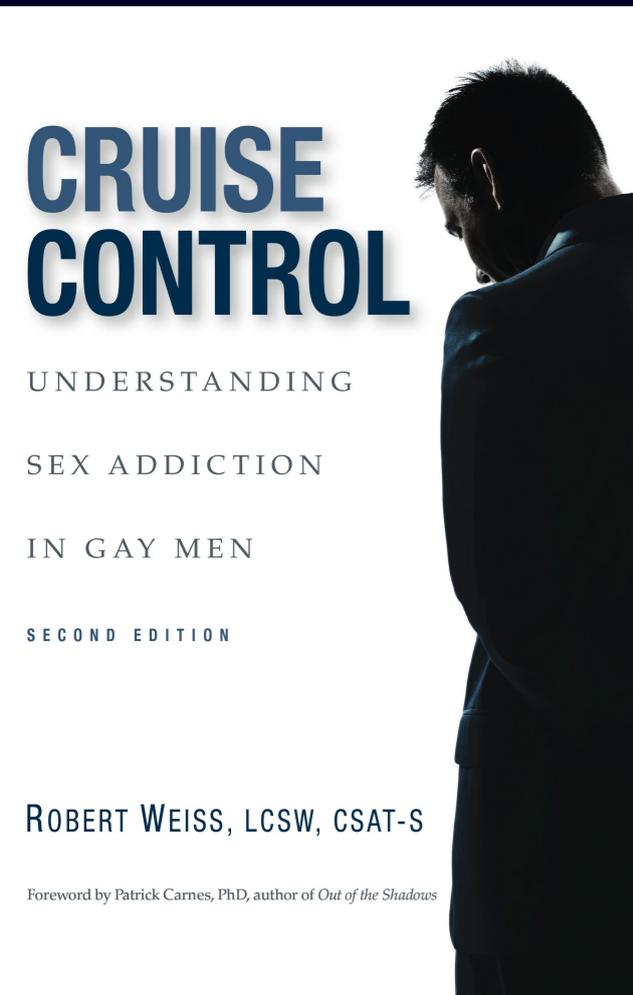
Humans will not be any more harmed by technological advance now, than in times past, but the problems will show up increasingly faster. But mostly, we humans adapt. Some adapt better than others, some not. Some will seek the new forms of help evolved to address new problems and new solutions will be created. Thus it has always been.

More Good News!

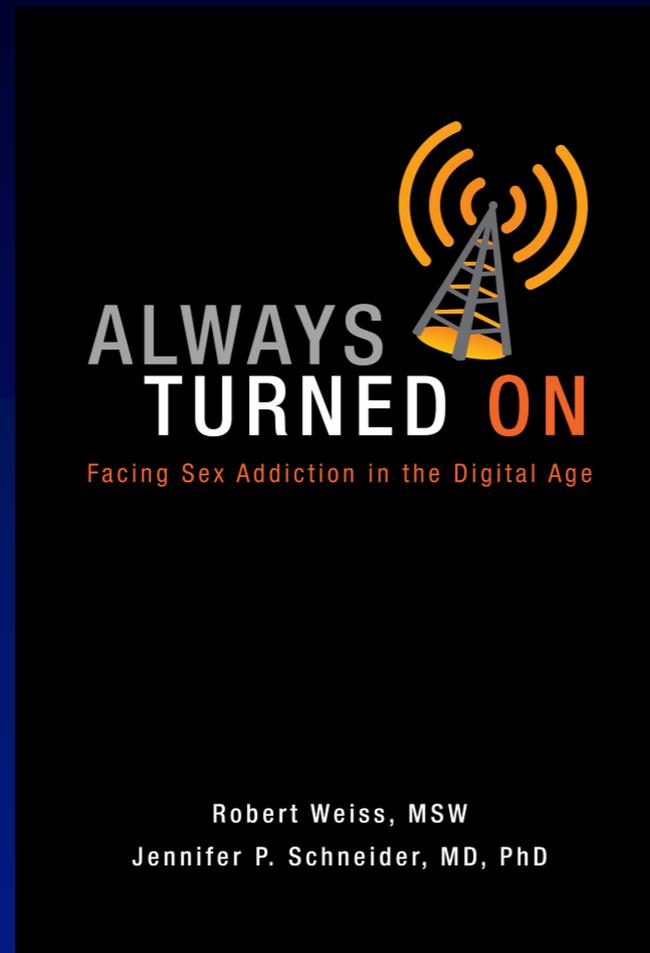
Treatment and recovery are also entering the new media frontier. We all need to be aware of these options for our clients:

- Tele-meetings, cyber-support and live webinars
- Online 12-step Chats
- Online clinical support groups
- Face to Face Skype Meetings
- Face to face video sponsorship
- Virtual Reality de-sensitization ...

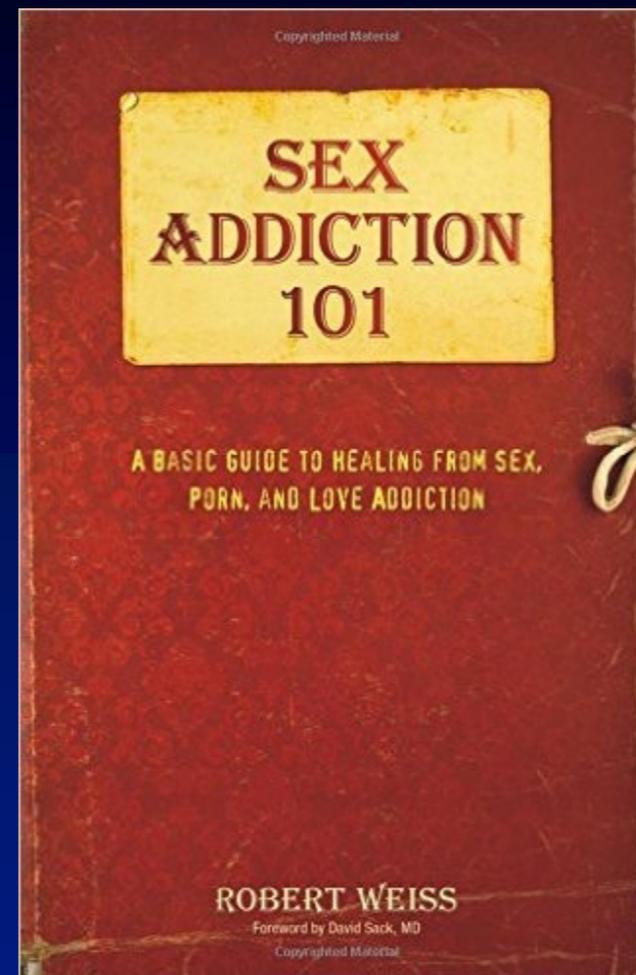
Books Books Books Books Book



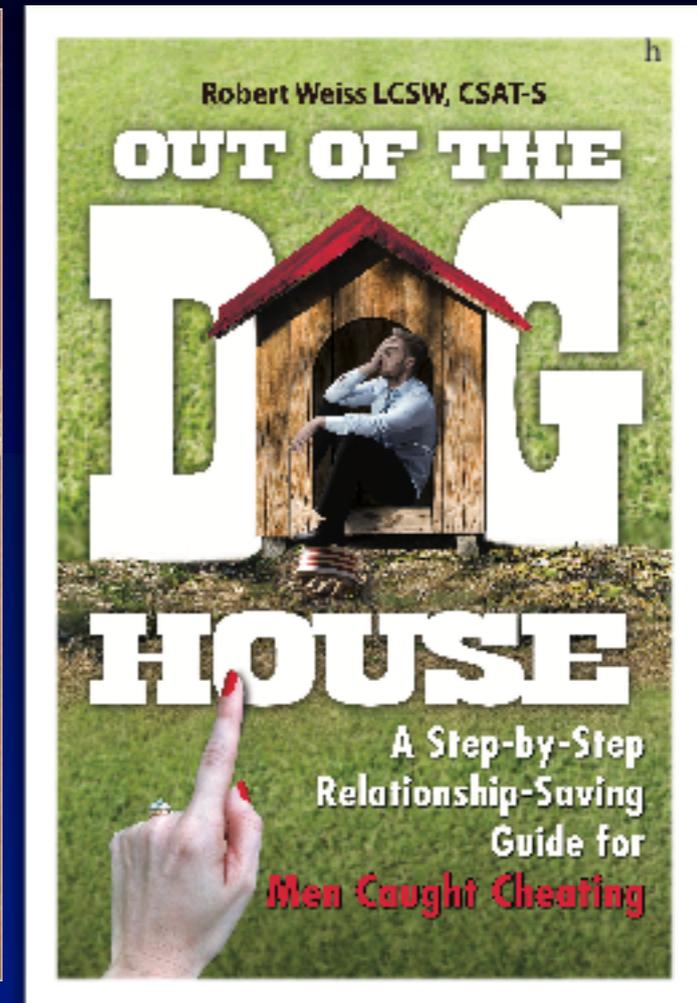
**Sex
Addiction
in Gay Men
(2005,
revised 2013)**



**A Complete
Text on Sex
Addiction in
The Digital
Age
(2015)**



**A Basic
Primer and
workbook on
Sex
Addiction
(2016)**



**A Cheating
Man's Guide
to
Relationship
Healing
(2017)**

Our Job Now

To learn as much about in modern technology and social media culture as we can.

To learn how to negotiate and understand the world of our young people and highly tech savvy adults.

To understand tech issues as they present themselves for our clients and not how they are presented by the media or peers

Then we can best help our clients to:

Raise healthy, safe families

Set and negotiate useful tech-related boundaries

Separate *the issues* from *the tech*

Offer our insight - not judgement or fear based
countertransference

EMBRACE CHANGE!

It is our sole shared, constant

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